

Daily Word



A UNITY PUBLICATION
DECEMBER 1951

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are unified in thought, purpose, understanding, and right action for the good of all mankind.

NOV. 20 to DEC. 19

ILLUMINATION (11 a. m.): Christ light in me is my hope of glory, and I am constantly renewed in my understanding.

PROSPERITY (12 noon): I am thankful for the assurance that God is my all-providing resource. I rest in Christ opulence, and my prosperity is assured.

HEALING (9 p. m.): I rest in the almightiness of Spirit, and I give thanks continually for the Christ life that is healing my mind and body.

DEC. 20 to JAN. 19

ILLUMINATION (11 a. m.): Abiding in the Christ word, I am born anew into God's kingdom of light.

PROSPERITY (12 noon): Abiding in the Christ word, I am born anew into God's kingdom of plenty, and His substance flows to me abundantly.

HEALING (9 p. m.): Abiding in the Christ word, I am born anew into God's kingdom of harmony and health.

DAILY WORD is published monthly by **UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI.** Single copies at 15c each. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Entered as second-class matter, at the post office at Lee's Summit, Missouri. Accepted for mailing at the special rate of postage provided for in sec. 1103; act of Oct. 3, 1917, authorized June 13, 1924.

Unity School publishes the following periodicals: **Unity, You, Weekly Unity, Good Business, Daily Word,** and **Unity Sunday-School Leaflet** at \$1 a year, and **Wee Wisdom** at \$2 a year.

DAILY WORD

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Vol. 55

DECEMBER, 1951

No. 6

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A Housewife's Meditation

ELIZABETH SEARLE LAMB

DEAR FATHER, bless me as I go about my daily household tasks. Give me of Your untiring strength; help me to organize every job so that it may be done quickly and well.

As I cook and clean, as I answer the telephone, as I shop and plan, let me feel Your presence close beside me. You are my strength and patience. You are my wisdom and inspiration. Let me serve You as I serve the ones I love.

Bless the food that I prepare. Let it fill the needs of each body; let it give strength and energy; let it give life and health.

Bless the family gathered at the table. Let each meal be a happy time, a time of communion and companionship. And when the meal is done, dear Father, be with each member of the family as he goes his way.

Dear Father, bless this house, bless this family, bless us all this day. Fill us with Your peace, warm us with Your love, lift us with Your joy.

This my prayer, my faith today.

Such As I Have

SILENT UNITY

UNITY FARM in the Christmas season of 1951—its quiet, snow-roofed buildings crowning white fields crisscrossed with tracks of rabbits and small birds—may seem far away from the Jerusalem of nineteen hundred years ago, full of strange Eastern smells and sights and sounds where Peter and John went one day at the hour of prayer to the temple which was called Beautiful.

"And a certain man lame from his mother's womb . . . seeing Peter and John about to go into the temple asked an alms. And Peter, fastening his eyes upon him with John, said, Look on us. . . .

"Then Peter said, Silver and gold have I none; but such as I have give I thee: In the name of Jesus Christ of Nazareth rise up and walk. And he took him by the right hand, and lifted *him* up: and immediately his feet and ankle bones received strength. And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.

"And all the people saw him walking and praising God: and they knew that it was he which

sat for alms at the Beautiful gate of the temple: and they were filled with wonder and amazement at that which had happened unto him."

It was in the name of Jesus Christ that Peter spoke his healing prayer; it is in His name that we of Silent Unity pray. The same human needs are here today as they were long ago at the gate of the temple called Beautiful; and the same divine love, the same divine power are here also. The same hungry hands stretch forth to ask for aid, and the same hands of prayer clasp them and lift them up into the healing presence. The same heart cry echoes, and the same faith affirms, "In the name of Jesus Christ of Nazareth rise up and walk."

Through the years there has turned to Silent Unity a vast multitude asking for prayers for every conceivable condition, asking for prayers for health, asking for prayers for prosperity, asking for prayers for harmony, asking for prayers for happiness, asking for prayers for guidance, asking for prayers for strength, asking for prayers for themselves, and asking for prayers for others. Through the years we have seen every kind of need met through prayer. We have seen men and women and children healed and prospered, guided and strengthened, lifted up and set at peace.

So we say to you with absolute assurance: the

prayer of faith heals the sick. Prayer is power. Prayer is answered.

Pray with faith. Pray with love. Pray with understanding. Pray and persist in praying. "With God all things are possible."

From sixty years of experience we affirm this faith. We have prayed and have seen prayer answered. We know that prayer works.

"Such as I have give I thee." This is the gift of Silent Unity: Our prayers.

We pray in the assurance that God's will is good. God's will is only good, always has been good, always will be good. Do you understand what this means? God's will is joy not pain, life not death, wholeness not imperfection, plenty not lack, peace not inharmony.

Your world may be filled with appearances that are far from perfection, but whatever the appearances may be, God's will is good. You are good because the power that made you is good; your world is good because the power that made it is good. And there is a spirit that works through all and in all to bring forth good.

Pray, and immediately you ally yourself with Spirit, which wills only good for you, a spirit which wills only good for the world—the very Spirit of good, the Spirit of God.

What do you need? God's will for you is the

fulfillment of your every need. His will is for you to have good. "Ask in prayer, believing."

God is more than good. God is love.

We pray for you in the certainty that God loves you. "God is love; and he that dwelleth in love dwelleth in God, and God in him."

Think what it means to believe that God is love. What can love's will be for us but the infinite outpouring of abundant riches! Is not this His message who came saying, "I come that they may have life, and may have *it* abundantly." "Come unto me, all ye that labor and are heavy laden, and I will give you rest." "What man is there of you, who, if his son shall ask him for a loaf, will give him a stone? . . . if ye then, being evil, know how to give good gifts unto your children, how much more shall your Father who is in heaven give good things to them that ask him?" How much we do for those we love! How much more we can expect from love itself!

However much we may disapprove of ourself, God approves of us. We may condemn ourself, but love does not condemn us. Even "if our heart condemn us, God is greater than our heart." He who is forgiveness, perfect love, only waits for us to turn to Him so that He may give Himself to us. Nay, though we do not seek Him, He searches out our secret heart and works out ways of won-

der to lead us out of darkness into light.

We pray that you may come to know and to appreciate your own worth. We know your worth. Whatever you appear to be, however important or unimportant you may seem in your own eyes, know that you are much more than you seem to be! Does your body seem to you to be perfect or imperfect, beautiful or unbeautiful? You are more than your body. Does your mind seem to you to be gifted or ungifted, quick or dull? You are more than mind.

In you is the Spirit of the living God. In you is divinity. In you are all the potentialities of the divine nature.

Whatever gift or power or goodness you may seem to possess, how little is all that you possess compared to what you really are in the real, the inward essence of you. The spiritual essence—this is God! You are the child of God.

God is in you. In you!

Right where you are, there God is. The spot whereon you stand, that is holy ground.

You who are reading this, wherever you are you are one with us. Wherever you are, our love is poured out upon you. Wherever you are, our prayers are going out for you. At the very moment you are reading this someone is praying here. At this moment you may commune with us in prayer.

If ever you feel alone, if ever you feel that you have more than you can bear, think of us here in Silent Unity. At the present time there are more than a hundred persons serving here, a hundred loving hearts that know and understand your need. What one heart cannot bear a hundred hearts can bear with faith. A hundred strong in faith and love, we pray with you.

When we take the names and needs of friends like you into our prayer room—beautiful now with Christmas symbols, full of the fragrance of pine and candles—we feel as if the persons for whom we pray were here beside us. They come through the door of our prayer into the room of our heart.

You are in the heart of God. You are in the heart of Him in whose name we carry on this ministry of love. You are in our heart.

Listen. In your own heart you may hear the still, warm voice of love, the soundless voice of faith, the silent voice of prayer.

From the hundred hearts that are the heart of Silent Unity our Christmas blessing pours. We give you our faith, our love, our prayers. We bless you in the name of Jesus Christ. We see your every need met now. This is our Christmas gift to you.

"Such as I have give I thee."

*Prayer of Saint Francis
of Assisi*

Lord, make me an instrument of Thy
peace;

Where there is hatred, let me sow
love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light; and

Where there is sadness, joy.

Oh, Divine Master, grant that I may
not so much seek to be consoled
as to console;

To be understood, as to understand;

To be loved, as to love;

For it is in giving that we receive.

Saturday

DECEMBER 1

I ACCOMPLISH ALL THAT IS BEFORE ME THIS DAY WITHOUT STRAIN, TENSION, OR HURRY.
I AM RELAXED, SERENE, AND CALM.

IT is good to pray before we prepare our Christmas gift list, to pray before we begin our Christmas shopping. If we do this we find freedom from the tension, the strain, the irritability, the sense of hurry that often accompany the Christmas season.

Before we do anything in the outer to get ready for Christmas, let us prepare our mind and heart for the days ahead by getting still and placing ourself, our dear ones, all our plans and needs lovingly in the hands of the Father. Instead of thinking of all that needs to be done, let us think of the power of God within us every moment. Let us give thanks that we need to do only one thing at a time, to live only one day at a time.

We can accomplish all that is before us this day without strain, tension, or hurry. We can keep relaxed, serene, and calm, for God is with us in all that we do. His Spirit goes before us to make easy our way.

✿ *Thou art anxious and troubled about many things: but one thing is needful.*—LUKE 10:41, 42.

Sunday

I HAVE FAITH IN THEE AT ALL TIMES AND UNDER ALL CIRCUMSTANCES, FOR I KNOW THAT THOU LOVEST ME AND THAT THY WILL FOR ME IS GOOD.

“**T**HY will be done.” I know that Thou art love and Thou art good; therefore, I know that Thy will for me is loving and good. I renew my faith in Thy good will, O God. I place myself and all my affairs in Thy loving care and keeping.

I have faith in Thee, for I know that Thou lovest me. Thou art with me now to strengthen and to sustain me. Thy wisdom guides me; Thy light inspires me. I listen and obey the still, small voice of Thy Spirit within me.

I have faith that Thy will for me is good. I follow the promptings of Thy Spirit and know that Thy good will is being done in me and through me.

I open my heart to Thee and gladly let Thy will be my will. I do as Thou dost direct. Every detail of my life is blessed and perfected as I say, “Not my will, but thine, be done.”

✿ *Thy kingdom come. Thy will be done, as in heaven, so on earth.*—MATT. 6:10.

Monday

DECEMBER 3

I RESOLVE THIS DAY TO WITHHOLD ALL CRITICISM OF OTHERS AND TO KEEP MY HEART FILLED WITH LOVE AND UNDERSTANDING.

I RESOLVE this day to withhold all criticism of others. I may wonder why another person behaves in a certain way, but I remember that every person is seeking fulfillment of his needs according to his present understanding.

I can trust the Spirit of God in every person to help him find the way to his highest good. I free every person to find his own good, to develop in his own way. Even though I must stand by while a dear one passes through difficult experiences, I can bless him and know that God is showing him the door to new understanding, that God is helping him to find the right path.

The needs of another person may be very different from my own, but instead of finding fault I resolve this day to say the things that inspire faith and self-confidence. By showing understanding, by praising the good in a person, I can help him to develop his potential powers for good.

God's Spirit of love and understanding fills my mind and heart this day.

☛ *Be ye merciful.*—LUKE 6:36.

THE POWER OF GOD BLESSES ME AND FLOWS THROUGH ME TO BLESS MY WORK THIS DAY.

WHATEVER our work may be, it is made easier when we think of ourself as working with God. God is with us this day, filling us with strength and power, blessing us in all that we do, guiding and inspiring us.

We never become tired, we never feel unequal to our tasks when we remember the source of our strength, the source of our renewal. The power of God flows through us to renew us continuously, it flows through us to bless our work and to help us accomplish whatever is before us.

If our work requires concentration of thought, we shall find it easy to work quietly and efficiently as we keep in mind the idea "one thing *I do*."

If we need patience in working with others the love of God flowing through us will make us poised and serene, will help us to work harmoniously and happily with others.

Let us remember that He who has guided us to the work we are doing is with us to give us the strength, the initiative, the ability to do it well.

☛ *Thou hast blessed the work of his hands, and his substance is increased.*—JOB 1:10.

THROUGH THE CHRIST IN ME I AM FREE.

NEARLY everyone has habits from which he should like to be free. When a person seems to be in bondage to some habit that is not conducive to his health, happiness, or well-being, he is unhappy and dissatisfied with himself. He may say, "I wish I had more will power!" But he feels that the habit has become his master, and he does not know how to dethrone this undesirable sovereign.

The truth is that the Christ within gives us power and dominion over every habit. God created us and gave us power and dominion over our thoughts, over our emotions, over our life. But we must accept and assert this dominion. It is not a dominion of will power, it is a dominion of spirit. It is a dominion that eliminates desires that are not conducive to happy, healthy living. The struggle between habit and will ceases, for both become harmonized with that which is constructive and soul satisfying.

Anyone can take spiritual dominion and learn to direct his mental, emotional, and physical energies into healthful and happy outlets.

✿ *The truth shall make you free.*—JOHN 8:32.

MY UNDERSTANDING OF TRUTH PROTECTS
ME AND FREES ME FROM ALL FEAR.

OUR REAL protection lies within us. Wherever we are, whatever we do, whatever our experiences, we have with us a protecting presence, a Spirit that is our safeguard in danger, our guide in time of doubt, our courage when fear assails us.

This Spirit is the Spirit of God Himself. We do not have to beg God to come to our aid, for we are one with Him. We need only to affirm our oneness with Him in order to feel His presence, His power, His protecting Spirit in our midst.

God within is not only our protection from physical danger but He is our protection from all fear. When we remember that God is with us we are set free from fear.

When we are free from fear we act with good judgment; we do not become panicky, we do not invite hazardous experiences. When we are free from fear we have the courage and the faith to go through any situation with poise and serenity; we are a blessing to ourself and to others.

God in us is our protection.

✿ *If I am a master, where is my fear?*—MAL. 1:6.

Friday

DECEMBER 7

I OPEN MY MIND, HEART, AND LIFE TO THE
FORGIVING LOVE OF CHRIST.

I OPEN my mind, heart, and life to the forgiving love of Christ. I express a spirit of forgiveness at all times, toward all persons. I let go of all feelings of resentment toward persons or conditions. I bless all; I surrender all to the forgiving love of Christ.

I grow continuously in my understanding. I give thanks for every opportunity to prove my ability to be loving and forgiving. I do not resent persons or circumstances; I am not dismayed if an unpleasant situation arises. I do not condemn myself, I do not condemn others. I turn within to the spirit of love. I open my mind, heart, and life to the forgiving love of Christ and I give expression to this love.

The love, peace, and joy of Christ fill my mind and heart. There is no room for criticism or resentment, no room for fear, no room for unforgiving or unloving thoughts or feelings.

*If thou, Jehovah, shouldest mark iniquities,
O Lord, who could stand?
But there is forgiveness with thee.*

—PSALMS 130:3.

I GIVE OF MY LOVE, MY FAITH, MY UNDER-
STANDING TO ALL.

THERE ARE so many ways to give, so many gifts to give! I give patient words to help those about me start the day happily. I give a smile, a friendly greeting, understanding, and forgiveness. I give a helping hand wherever I see a need. I give love and a silent blessing.

I give efficient, thoughtful service. I do the extra job that needs to be done, even though it is not my responsibility.

Throughout the day I give words of praise and encouragement—a telephone call to thank a friend for a service, a note of congratulation to a young student who has made good grades, a word of appreciation to an author—these are gifts that bless those to whom I give them.

There are many ways to give, but the best gift of all is the gift of prayer. I pray for my family and friends, I pray for world leaders, I pray for people everywhere. To everyone I give the gift of prayer. I give of my love, my faith, my understanding to all.

☛ *Silver and gold have I none; but what I have, that give I thee.—ACTS 3:6.*

GOD IS THE ONE PRESENCE AND THE ONE POWER IN THE UNIVERSE.

GOD is the Father of all, and we are His beloved children. We are all one in His kingdom, and none are excluded from His healing and loving care. One life flows through every being, and one intelligence illumines every consciousness.

Class, color, religious creed, race, all are one before Spirit, which is equally present in everyone. At the center of every man's being, one Spirit rules supreme.

Each one of us can help to further the cause of world peace by keeping our thoughts attuned to the one presence and the one power that is eternally present, even in the midst of turmoil and strife. War, greed, and hate are the outpicturization of negative beliefs and can be dissolved as men turn to God, as they express His Spirit, as they radiate His light.

God is the one presence and the one power in us and in the universe. Regardless of appearances let us hold to this truth.

• *And God saw everything that he had made, and, behold, it was very good.*—GEN. 1:31.

MY FAITH IN GOD'S FULFILLING SPIRIT FREES ME FROM CONCERN OVER THE FUTURE. I CONCENTRATE ON THE THING AT HAND.

WHEN our aspirations are far beyond what we are doing now, we are likely to allow our thought to dwell on the fulfilled aspirations rather than on the thing at hand. Thought is our creative power, and when we do not concentrate it upon accomplishing the thing at hand, we do not create.

A student who gives his thought to that time when he will no longer need to study, instead of to his day-by-day classwork, finds it difficult to complete the work that qualifies him for graduation.

This is true in every phase of life. A goal is not attained until the qualifying work has been done.

When we have faith in the creative spirit active in our life, we are not anxious about the fulfillment of our aspirations. We know that fulfillment will come and we do the thing at hand in full concentration of thought and effort.

* *For everything there is a season, and a time for every purpose under heaven . . . He hath made everything beautiful in its time.*—ECCLES. 3:1, 11.

Tuesday

DECEMBER 11

THE ETERNAL SPIRIT OF GOD IS THE BREATH OF MY BEING AND THE LIGHT OF MY LIFE.

THE ETERNAL Spirit of God is the breath of my being and the light of my life. God created me out of indestructible spiritual substance. I am filled with the life-giving Spirit of God. I am alive in God forevermore.

God is the breath of my being. He breathes His life-giving, resurrecting Spirit in and through every cell and atom of my being. I am completely filled and permeated with life.

God's radiant light fills my soul, His life flows through the arteries of my being, His harmonizing intelligence regulates every function of my mind and body.

My life is not limited by age. My life is eternal, for the Spirit of God is the breath of my being and the light of my life.

I never grow tired, I never grow weak or weary, when I think of myself as living, moving, and having my very being in God.

♣ *That they should seek God, if haply they might feel after him and find him, though he is not far from each one of us: for in him we live, and move, and have our being . . . For we are also his offspring.—ACTS 17:27, 28.*

Wednesday

THE POWER OF SPIRIT WORKS IN AND THROUGH ME TO LIFT UP MY SPIRIT AND TO MAKE ME JOYOUS AND COURAGEOUS.

TODAY I acknowledge the power of God working in and through me to lift me up in spirit and to make me joyous, free, and courageous in mind and heart. The Spirit of God within gives me the inner assurance that I cannot fail when I depend wholly on Him and seek His help and guidance in every phase of my life.

If I become depressed or discouraged about circumstances in my life, I turn to God in prayer and am lifted into a new consciousness of my oneness with Him. As I consciously unify myself with Him, I am set free from all the fears and doubts of the human mind.

As I become more and more aware of my oneness with God and His power to lift me up in spirit, I am blessed with new life, new joys, and greater wisdom and courage than I have yet known. I give thanks that I can avail myself of His power at this moment and every moment of my life.

♣ *For ye shall go out with joy, and be led forth with peace.—ISA. 55:12.*

Thursday

DECEMBER 13

I HAVE FAITH IN THE DIVINE JUSTICE OF GOD,
ACTIVE NOW IN MY LIFE AND IN THE WORLD.

SOMETIMES it may seem that negative forces are more powerful than the forces for good, but this is not true. Regardless of how unjust or inharmonious conditions may seem to be in your personal affairs or in the world, your faith in the divine justice of God, your positive stand for Truth give you power over injustice or inharmony.

The only power that a seeming difficulty has is the power you concede to it by your own belief in it. Difficulties lose their power over you when you look on them as challenges to be met and overcome.

God is the only power. His law of love and justice is changeless and eternal; it is active in your life and affairs now. You have only to turn to God in love and faith in order to avail yourself of His help.

Refuse to be disturbed by appearances. Know that God's will, which is justice for all, is being done.

* *Great peace have they that love thy law.*—PSALMS 119:165.

Friday

GOD INSPIRES AND GUIDES ME. I MOVE
THROUGH EACH DAY CONFIDENT AND
POISED.

NO MATTER how many things I have to do this day, I remember that God's inspiring and guiding Spirit is with me and I remain confident and poised.

I give my full attention to each person, each responsibility in a calm manner, remembering that God's inspiring, guiding Spirit never fails to supply me with the word, the idea, the energy needed.

Under all circumstances I remain poised, never comparing myself with others, never straining for attention or praise.

I am an individual with individual gifts to give. I need never be anxious. I shall win my own place in the hearts of others by expressing my own individuality.

There are times for me to learn and times for me to express myself. I give myself fully to both, never allowing myself to grow tense about what others may think or say.

✿ *In quietness and in confidence shall be your strength.*
—ISA. 30:15.

Hark! The Herald



Herald Angels Sing



CHARLES WESLEY

Hark! the herald angels sing,
"Glory to the newborn King,
Peace on earth, and mercy mild,
God and sinners reconciled!"
Joyful, all ye nations, rise;
Join the triumph of the skies;
With th' angelic host proclaim,
Christ is born in Bethlehem!
With th' angelic host proclaim,
Christ is born in Bethlehem!

Saturday

DECEMBER 15

I LOVE MY NEIGHBORS. I BEHOLD THE SPIRIT OF INFINITE GOODNESS AT WORK IN THEIR LIVES.

TO LOVE my neighbors in the way that Jesus loved is to behold the spirit of infinite goodness at work in their lives. Instead of judging by appearances and believing others to be weak, unpleasant, sick, or afraid, I see the presence of infinite strength, courage, beauty, health, and life within them. This high vision, which I hold steadfastly, is a real blessing to others. I may be guided to do many outer things to assist others, but as I work and help outwardly, I remember to keep my mind upon the Christ self within them.

I declare this truth for a dear one, a friend, or a stranger: "You are a child of God. You are perfect in every way, for God made you in His own image and likeness. His Spirit animates your being, His health-giving life flows through you, His light illumines you, His love blesses you."

✿ *Be ye all likeminded, compassionate, loving as brethren, tenderhearted, humbleminded: not rendering evil for evil, or reviling for reviling; but contrariwise blessing.—I PET. 3:8.*

THE SPIRIT OF TRUTH WITHIN ME IS MY
TEACHER.

THE SPIRIT of truth within me is my teacher. It is this Spirit that helps me to learn through every experience; it is this Spirit that reveals to me the wonders of the world in which I live and of the spiritual universe that stands back of all.

Through prayer and meditation I become responsive to the Spirit of truth. I am led by this Spirit to persons who can teach me and to experiences through which I can gain knowledge and understanding. I am taught to become aware of great achievements in every field. I am taught to understand and express the great intangibles, the spiritual values of life—divine love, joy, wisdom, humility.

Whole new worlds of thought, experience, and understanding open up to me as I daily seek the instruction of the Spirit of truth within my soul. New horizons open before me; new growth makes me a new person, and I go forward into true achievement.

✿ *When he, the Spirit of truth, is come, he shall guide you into all the truth.*—JOHN 16:13.

Monday

DECEMBER 17

I KNOW THAT NOTHING CAN EVER SEPARATE ME FROM THEE, O LOVING FATHER.

I THANK Thee, O loving Father, that Thy Spirit is within me, that Thou hast given me everlasting union with Thee. In Thee I have the capacity to rise victorious over every obstacle. From Thee I have a divine heritage of life, peace, and happiness.

There is nothing, absolutely nothing in all the world that can prevail against Thy power for good, which is with me always.

Thy Spirit is in me, and nothing is impossible with Thee. I fear nothing. I know that I can accomplish the task that is before me, that I can meet every test, that I can conquer every fear or negative thought.

Regardless of what lies before me today, I say in faith, "I Thank Thee, God, that Thou art with me now and always, strengthening me, guiding me, upholding me."

I keep my faith centered in Thee and see it justified on every hand. My faith in Thee makes me free indeed.

✿ *Go thy way; as thou hast believed, so be it done unto thee.*—MATT. 8:13.

CHRIST WITHIN ME IS MY GLORY. THE BRIGHTNESS OF HIS PRESENCE WIPES OUT ALL DARKNESS, AND I AM FILLED WITH LIGHT.

WE ARE much more than we seem; we have powers and capacities far greater than we know. We are more than flesh and blood, we are more than what we appear to be to our family, friends, and associates. We are Spirit. Something in us reveals this to us; something in us makes us know the truth about ourself, even when we feel weak, inadequate, afraid, or alone.

No matter what our experiences, no matter what happens to shake our faith, to test our courage, to try our soul, we are, in our spiritual self, greater than any of these things.

The Christ in us, the God self of us, is a source of inner strength, joy, and courage. It is this self of us that gives us the will to go on when our heart would falter; it is this self of us that brings us peace and happiness as we hold fast, moment by moment, day by day, to our faith in God, to our faith in His love for us and for all creation.

• *The mystery which hath been hid for ages and generations . . . Christ in you.*—COL. 1:26, 27.

Wednesday

DECEMBER 19

MY HEART IS FILLED WITH GOD'S PEACE AND HARMONY.

IN ORDER to harmonize any situation, whether in our work, in our home, in a social group, or with a friend, we must begin in our own heart. It is only when our heart is filled with God's peace and harmony that our words and attitudes have a harmonizing influence.

As long as we feel that others must change in order to be more like we think they should be, our heart is not at peace. As long as we give our thought to criticizing others instead of trying to understand and appreciate them, our heart is not at peace.

No heart is at peace until it has aligned itself with God. When our heart is lifted to God—to that which is good and loving, to that which is constructive and helpful, to that which is progressive and creative—we know a profound peace. We are a harmonizing influence wherever we are.

My heart is filled with God's peace and harmony.

☛ *Thou wilt keep him in perfect peace, whose mind is stayed on thee.—ISA. 26:3.*

ABIDING IN THE CHRIST WORD, I AM BORN ANEW INTO GOD'S KINGDOM OF LIGHT.

—UNITY ILLUMINATION THOUGHT.

THE WORD of Christ is the word of light, life, love, joy, strength, wisdom, and peace. Jesus said, "The words that I have spoken unto you are spirit, and are life."

He also said, "If ye abide in my word . . . ye shall know the truth, and the truth shall make you free."

The truth that makes us free is the knowledge that we are one with God, that "in him we live, and move, and have our being." The light of Truth is revealed to us as we abide in the Christ word, the word that endures eternally.

"In the beginning was the Word, and the Word was with God, and the Word was God."

As we abide in the Christ word, we experience new birth. We are born anew in spirit, born anew into God's kingdom of light. Let us, "therefore, rejoice greatly as we live in the light of His holy presence.

• *Ye, brethren, are not in darkness that the day should overtake you as a thief: for ye are all sons of light, and sons of the day.*—I THESS. 5:4, 5.

Friday

DECEMBER 21

ABIDING IN THE CHRIST WORD, I AM BORN ANEW INTO GOD'S KINGDOM OF PLENTY, AND HIS SUBSTANCE FLOWS TO ME ABUNDANTLY.—UNITY PROSPERITY THOUGHT.

OUR LORD Jesus Christ said, "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you." I now accept this promise of unlimited supply in His name. I abide in His word and I am born anew into the Father's kingdom of plenty.

As the joyous Christmastide approaches I rejoice anew in the assurance of God's infinite substance. I give thanks that I have plenty to meet my every need.

I rejoice in the Christ, who abides eternally at the heart of my being, the Lord of life and light.

Abiding in the Christ word, I seek and find, I give and receive, I receive and enjoy. God's substance flows to me abundantly and is made manifest for me momentarily according to my need. I dwell in His kingdom of infinite substance, and I rejoice in eternal abundance.

✱ *Whatsoever ye shall ask of the Father in my name, he may give it you.*—JOHN 15:16.

ABIDING IN THE CHRIST WORD, I AM BORN ANEW INTO GOD'S KINGDOM OF HARMONY AND HEALTH.—UNITY HEALING THOUGHT.

OUR LORD Jesus Christ said, "If a man love me, he will keep my word: and my Father will love him, and we will come unto him, and make our abode with him." I now accept this promise of infinite love in His name. I abide in His word, and I am born anew into the Father's kingdom of harmony and health.

The Spirit of life now fills me, and I am renewed, harmonized, and healed. I rejoice in the realization that the life of God is now mine—triumphant, glorious, splendid!

I have faith in the life of Christ in me. It is a living power, strengthening, cleansing, renewing, revitalizing me, making me whole in mind and body.

I abide in Christ and I am daily lifted up and healed. My life is one with God life, and I dwell eternally in God's kingdom of harmony and health.

✿ *Because I live, ye shall live also. In that day ye shall know that I am in my Father, and ye in me, and I in you.*—JOHN 14:19, 20.

Sunday

DECEMBER 23

THE CHRIST SPIRIT FLOODS MY WHOLE BEING AT THIS CHRISTMAS TIME.

THE CHRIST Spirit is the spirit of Christmas—joyful giving and receiving, unselfish thoughtfulness, divine love permeating in and through every thought, word, and deed.

I would be still in the midst of the rush of the season, still and calm, to let the Christ Spirit, which is and always has been within my soul, express itself through me. I acknowledge this Spirit as my link with all that is divine, with God. I let it flood my whole being. Radiant, alive, I am renewed as this Spirit makes me one with all life, all good. Illness, inharmony, lack—every negative appearance is dissolved. My life, my body are in tune with the divine rhythm of the universe. I am one with all that is, with all that ever will be. This is the meaning of Christmas.

I enter eagerly into the activities of the season. Radiant, vitally alive, filled with creative inspiration and love, I am conscious of the Christ Spirit guiding and blessing me in all my ways.

I am blessed with the joy of Christmas.

✱ *Jesus Christ is the same yesterday and to-day, yea and for ever.*—HEB. 13:8.

Christmas Eve

"GLORY TO GOD IN THE HIGHEST,
AND ON EARTH PEACE AMONG MEN IN
WHOM HE IS WELL PLEASED."

“AND THERE were shepherds in the same country abiding in the field, and keeping watch by night over their flock. And an angel of the Lord stood by them, and the glory of the Lord shone round about them: and they were sore afraid. And the angel said unto them, Be not afraid; for behold, I bring you good tidings of great joy which shall be to all the people: for there is born to you this day in the city of David a Saviour, who is Christ the Lord. And this *is* the sign unto you: Ye shall find a babe wrapped in swaddling clothes, and lying in a manger. And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, And on earth peace among men in whom he is well pleased.

And it came to pass, when the angels went away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing that is come to pass.

✻ *Glory to God in the highest.*—LUKE 2:14.

Christmas Day

DECEMBER 25

CHRIST IS BORN IN ME THIS DAY. HALLOWED
BE HIS PRESENCE IN ME.

GOD IS with us today, whoever we are, wherever we are, whatever our celebration of Christmas may be. He loves us unendingly; He has given us the Spirit of Christ to dwell in our heart—and this is the greatest gift of all!

It is not December 25 that is Christmas—Christmas is far more than a day. Sometimes we expect too much from Christmas Day and experience a sense of letdown when the day itself fails to fulfill our expectations. But we shall overcome any such feeling if we keep in our mind and heart the spirit of Christmas, which is the Spirit of Christ, the spirit of rebirth, the spirit of love and peace.

When we let Christ be reborn in us, when we let the spirit of love, of truth, of faith, of joy, of power be born in us, then we experience the true Christmas; and Christmas becomes more than a day—it becomes the beginning of a new life for us.

✿ *If any man is in Christ, he is a new creature: the old things are passed away; behold they are become new.*
—II COR. 5:17.

DECEMBER 26

Wednesday

IN QUIET MEDITATION I ACKNOWLEDGE
GOD'S LOVING PRESENCE AND POWER.

IN *Lessons in Truth* we read: "Every soul must take time daily for quiet and meditation. In daily meditation lies the secret of power. . . . When you withdraw from the world for meditation, let it not be to think of yourself or your failures, but invariably to get all your thoughts centered on God and on your relations to the Creator and Upholder of the universe. Let all the little annoying cares and anxieties go for a while, and by effort, if need be, turn your thoughts away from them to some of the simple words of the Nazarene, or of the Psalmist We go apart to get still, that new life, new inspiration, new power of thought, new supplies from the Fountainhead, may flow in; and then we come forth to shed it on those around us, that they too may be lifted up. Inharmony cannot remain in any home where even one member of the family daily practices this hour of the presence of God."

*Let my meditation be sweet unto him;
I will rejoice in Jehovah.*

—PSALMS 104:34.

Thursday

DECEMBER 27

GOD IS MY DEFENSE AND MY DELIVERANCE.

IN EVERY situation God is our defense and our deliverance. When we turn to God His Spirit raises our consciousness above the personal plane to the spiritual, where we know our oneness with God.

Gossip, criticism, negation have no power over us when we keep our thoughts centered in the presence and power of God in ourself and in others. The only things that have power to affect us are the things we give power to in our mind.

If daily and hourly we keep our attention upon that which is good and true, if we do not allow ourself to think or talk about seeming difficulties, we shall have peace of mind.

God, You are my defense and my deliverance from every fearful, unloving, unhappy thought. I am centered and poised in Thee, and nothing can disturb or dismay me. I trust Thee as the only presence and power.

☛ *Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.—PHIL. 4:8.*

GOD LOVES ME AND APPROVES OF ME.

GOD's vision of me is constantly and unchangingly one of loving approval. When I make mistakes and think, say, or do things that are not for my highest good, I close my consciousness to the rich blessings of Spirit. God does not say, "You have made a mistake, so I will keep your good from you until you repent." God says, in effect, "My child, you are standing in your own light. Look unto Me; I will illumine you and guide you and set you free."

God sees me as His child, He sees me as striving to learn and to grow, He sees beyond my words, acts, and thoughts to the perfection in which He created me.

God is continually blessing me, lifting my heart and mind, giving me His guidance and help.

God, I am thankful for Your unchanging love, for Your unfailing help, for your divine direction into the way of my highest good and happiness. I am thankful for Your constant love and approval. I am thankful that I am Your child.

☛ *He maketh his sun to rise on the evil and the good, and sendeth rain on the just and the unjust.—MATT. 5:45.*

I AM ONE WITH GOD.

WHEREVER I am, God is with me. I am one with His life, joy, health, strength, wisdom, peace, and power. His Spirit surrounds and blesses me; in Him I find the divine fulfillment of every need and desire.

All that I need is with me now. It makes no difference what appearances may be; God can transform appearances, fill the need, and bring into manifestation the answer to my prayers.

Though my body may appear ill, the life of God can heal and dissolve the appearance and restore me to life and health. Though my affairs may seem discordant, God's love and wisdom through me can bring about a harmonious adjustment.

Though I may seem to be the victim of fear, lack, injustice, loneliness, God in me is the source of my courage, supply, justice, happiness. There is no permanent lack of any good thing in my life, for God is with me, and His love is the fulfillment of my every need.

*For he satisfieth the longing soul,
And the hungry soul he filleth with good.*

—PSALMS 107:9.

Sunday

MY HEART IS AT PEACE, FOR I TRUST YOU,
GOD.

I BEGIN this day with You, God. You are my loving Father, and I place all my love and confidence in You. Nothing can disturb me when I truly trust You. I know that You love me and sustain me in all things, under all circumstances. I lean on Your mighty power to help me; I rest in Your love that bids me not be troubled about anything. With You all things are possible; with You I can do all things. I trust Your wisdom to guide me this day; I trust Your life to renew me and strengthen me.

You are my help in every need; You are my shepherd, and I shall not want for any good thing. You are my supply, and I trust You to fulfill my needs.

You are my courage. You work through me to accomplish Your good purposes, and I trust Your perfect will for me. Whatever I need to do today, I shall do it calmly, trusting Your Spirit within me to guide me to success. Your light makes my way plain. Your love opens doors for me.

☛ *Jehovah is good, a stronghold in the day of trouble.*
—NAH. 1:7.

Monday

DECEMBER 31

I BLESS THE YEAR THAT IS ENDING, AND
PRESS ON WITH FAITH IN GOD.

WHEN WE come to the end of a year and look back upon it, we usually view it with mixed feelings. The things that come to our remembrance make us feel both satisfied and dissatisfied with ourself—on the one hand we feel that we have accomplished much, on the other we feel that we are far from our goals and aspirations.

Paul had feelings such as these when he wrote to the Philippians: "Not that I have already obtained, or am already made perfect: but I press on, if so be that I may lay hold on that for which also I was laid hold on by Christ Jesus. Brethren, I count not myself yet to have laid hold: but one thing I *do*, forgetting the things which are behind, and stretching forward to the things which are before, I press on toward the goal unto the prize of the high calling of God in Christ Jesus."

In Truth there is no time; there is only the eternal now. That we have not yet attained all we long to attain is not important. What is important is that we press on with faith in God.

♣ *Forgetting the things which are behind.*—PHIL. 3:13.

This Month IN UNITY



\$100 Gift for \$5!

Wouldn't you like to buy a gift for your friends that is "worth \$100" but costs only \$5? This is what one Truth student says about Unity's new book, *The Household of Faith*:

"I received my book *The Household of Faith*. I would not take one hundred dollars for it if I knew I could not get another one!"

The Household of Faith, by James Dillet Freeman, is the story of Charles and Myrtle Fillmore and how they founded Unity. Although it was published just this year, *The Household of Faith* has already found its way into the hearts of many people. Read what they say about it:

"I have read *The Household of Faith*. I think it has put a new song in my heart."

"It is the finest most beautiful story I have ever read."

"... one gets a feeling of actually living near these people."

What could make a finer gift than this warm inspiring story of Charles and Myrtle Fillmore?



Solve Your Problem as Santa's Helper

Naturally you think of the children at Christmas time. But with so many fascinating gifts to select from, choosing one that will warm their hearts and at the same time contribute to their training and growth presents a problem. But their shining eyes and smiling faces will amply repay you for helping Santa select just the right gift.

Wee Wisdom can solve your problem. This appealing magazine will capture the child's interest, while the stories will provide spiritual food for his soul in readable children's terms. What *Daily Word* does for you, *Wee Wisdom* will do for your child. When you send this wonderful little magazine to the children you love, you will gladden their hearts and stimulate their mental and spiritual growth as well.



And to make your Christmas money go farther, *Wee Wisdom* offers you three gift subscriptions (regular price \$6) for just \$5. Take advantage of this special gift price and send *Wee Wisdom* to your children or to any of your young friends that you would like to make happy every month for a whole year.

DIRECTORY OF UNITY BOOKS

<i>For Beginners</i>	Beginning Again	\$1.00
	Favorite Unity Radio Talks	1.00
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	God Is the Answer	Dutch \$1; English 1.00
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	Lessons in Truth	
	English, French, German, Russian, Spanish, Dutch	1.00
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<i>For Prosperity</i>	As You Tithe so You Prosper50
	Both Riches and Honor	French \$1; English 1.00
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	Have We Lived Before?	1.00
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	Teach Me to Pray (for ages 4 to 11)	1.25

Make Your Christmas Shopping Easy

GIVE THE GIFT THAT LASTS A YEAR

There is a Unity magazine for every person on your Christmas list.

WEEKLY UNITY is excellent for those who are just beginning their study of Truth. It has eight pages of practical articles and true-experience stories. Published weekly. \$1 a year.

UNITY contains 100 pages of fine material for more advanced Truth students. It has inspiring articles and poems and also the Unity interpretation of the International Sunday School Lessons. Published monthly. \$1 a year.

DAILY WORD contains a short lesson for each day of the month as well as articles and poems. Good for a busy person because it is so compact. Published monthly. \$1 a year.

GOOD BUSINESS, as the name implies, is for businessmen and women. It applies the Truth principles to their business world. Published monthly. \$1 a year.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI



WEE WISDOM is the ideal gift for children 5 to 13. Its stories build character while they entertain, and its handicraft projects, puzzles, games, and paper dolls will give a child hours of amusement. Published monthly. \$2 a year.

YOU is Unity's newest magazine, tailored for teenagers. Its up-to-the-minute stories and articles will fascinate young people from 13 to 18, and give them practical advice for daily living as well. Published monthly. \$1 a year.

Christmas gift subscriptions are announced by an attractive Christmas card, and they begin with the Christmas issue.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI



A GIFT FOR THE PRICE OF A CARD

Just in time for your Christmas giving, here is a new Unity Greeting Booklet, *God Bless Your Christmas*. It contains heart-warming poems appropriate for the Christmas season.

On the handy order form below is a list of other Unity Greeting Booklets which have been especially popular. The booklets are post-card size with glowing colored covers and each one comes with an attractive mailing envelope, ready for you to address and mail to your friends. They require only one and a half cents postage and the price is low—10 cents each or 12 assorted (your selection or ours) for \$1.

Just indicate before the name of each booklet the number of copies of that booklet desired.

Unity School of Christianity, Lee's Summit, Missouri

☐ Please send me booklet assortments. (\$1 each assortment)

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.....Christmas Blessing

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.....God Is Blessing You Now

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.....Holy Bread

.....Life Is Consciousness

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UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI



If Every Day Were Christmas

JAMES DILLET FREEMAN

If every day were Christmas,
How different life would be,
If not one day but all the year
Were ruled by charity.

Had we the faith in miracles
A child has Christmas morn,
Each day would be love's manger
And Christ would be reborn

In us again to change and heal
Our outworn wars and ways—
Had we a child's or shepherd's gift
For wonderment and praise!

Yet every day is Christmas
When we have learned to live
By love's law, learned not how to get
But only how to give;

And like a child can wonder
And like a child can pray,
But have the grown-up wisdom
To give ourselves away.

